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What did the cabbage say to the hemp oil?

Let's make coleslaw! Use Metro AR for superfood info PAGE 15

MISSION TO MARS

PART 2 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET EXPLORES THE MINDS OF PEOPLE WHO WOULD WILLINGLY SAY GOODBYE TO EARTH

PAGES 6 & 7

Draude won't seek re-election

Sask. Party. Embattled social services minister denies recent expenses scandal was a reason for leaving office

One of the eight original founding members of the Saskatchewan Party plans to call it quits after five terms in office.

Social Services Minister June Draude says she will not run again in the next provincial election expected in April 2016.

"After the last election, I had a discussion with my family. I knew that the last election was the last time I was going to run," Draude said Wednesday at the legislature in Regina.

She has five children and eight grandchildren.

Draude was first elected in the constituency of Kelvington-Wadena as a Liberal in 1995, but two years later she joined with three other Liberals and four Progressive Conservatives to form the Saskatchewan Party.

She has also been minister responsible for Crown Investments Corporation and First Nations and Métis affairs minister since the party took power in 2007.

Draude says a recent dispute over her ministerial travel expenses had nothing to do with her decision to retire.

The minister was under fire in the legislature earlier this month for using a car service in London that cost $3,600 over four days and for $200 spent on lunch with a friend. Those expenses were filed by the cabinet secretary and the clerk of executive council, who was on the trip with Draude last June.

Draude said she wasn't aware of the costs. The cabinet secretary has since repaid the expenses.

"I'm saddened by the fact that that was something that people will think about, but really what I'm happy about is that I had a chance to be part of not only starting a party, but building it and becoming government," she said.

Premier Brad Wall says Draude was a driving force in building the party. He says she has been its "heart" and served as an advocate for the most vulnerable in the province.

"It's another big loss," said Wall.

"For as long as I've been elected and as long as I've known June, she has reminded us — this free-enterprise-oriented party that focuses a lot on economic growth — that growth for its own sake is really not going to get us anywhere."

Earlier this week, Finance Minister Ken Krawetz — another founding member of the Saskatchewan Party — said he won't run again.

THE CANADIAN PRESS

Quoted

"It's just a time to do something different in my life."

Social Services Minister June Draude

June Draude, Saskatchewan's social services minister, has announced that she will not run in the next provincial election expected in April 2016. Elected as a Liberal in 1995, Draude joined three other Liberal MLAs and four Progressive Conservative MLAs in 1997 to form the Saskatchewan Party.

MARCO VIGLIOTTI/METRO

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Could reduce relapses

MS drug will be available to some patients in May

An oral drug will become accessible in Saskatchewan in May for adult multiple sclerosis patients with relapsing symptoms of the disease.

The provincial government will cover the costs of Tecfidera for patients who meet certain criteria.

"MS patients and specialists have been asking for coverage of this medication and our government is pleased to make it more accessible to those who need it," Health Minister Dustin Duncan said in a release.

The drug will put an end to a need for injections and could reduce relapses and slow the progression of MS, Duncan added. SARAH TAGUIAM/METRO

WHL

Pats sale approved

The Western Hockey League has approved the sale of the Regina Pats to Queen City Sports and Entertainment Group Ltd.

The Pats franchise was owned and operated by Russ and Diane Parker for the past 19 seasons.

If the sale goes through, Queen City Sports and Entertainment Group will assume ownership of the franchise on June 1. The group is headed by Regina businessman Anthony Marquart.

The WHL approved the Pats transaction on Wednesday, while also giving thumbs-up to a change in ownership of the Prince George Cougars franchise. METRO

David Forbes, NDP social services critic, says the Saskatchewan Party government must do far more for senior citizens on limited incomes. MARCO VIGLIOTTI/METRO

Seniors using food bank up 24%: NDP

'Difficult choices.'
Opposition calls on government to develop strategy for cash-strapped elderly

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The opposition NDP is calling for the Saskatchewan Party government to develop an expansive anti-poverty strategy to assist a growing number of seniors in Regina and across the province facing difficulties finding housing.

David Forbes, the NDP's social services critic, pointed on Wednesday to reports that the Regina Food Bank has seen a 24 per cent increase in the past year in senior citizens using its services.

"We know rents have gone up (and) utilities are going up. Seniors who are on fixed incomes are having to make really difficult choices," Forbes told reporters at the legislature in Regina.

"We're shocked to see this happening in the province. We need to see some action."

More and more seniors, according to Forbes, are realizing that they can't rely on their pensions to cover their bills. He urged the provincial government to develop a strategy to tackle the issue.

Quoted

"Seniors who are on fixed incomes are having to make really difficult choices."
NDP social services critic David Forbes

Social Services Minister June Draude, however, maintains that the government boasts an extensive support system for seniors struggling to make ends meet.

"We have 1,150 senior housing units in Regina. The waiting list is down to 92 people now. It used to be in the hundreds," Draude said.

"At the same time, we have great relationships with many of our community-based organizations ... that say, 'What can we do in the meantime?'"

Draude added that the Wall government has made many investments to address the issue, including nearly tripling an income plan for seniors.

Social housing units for seniors, she added, can be found throughout the province.

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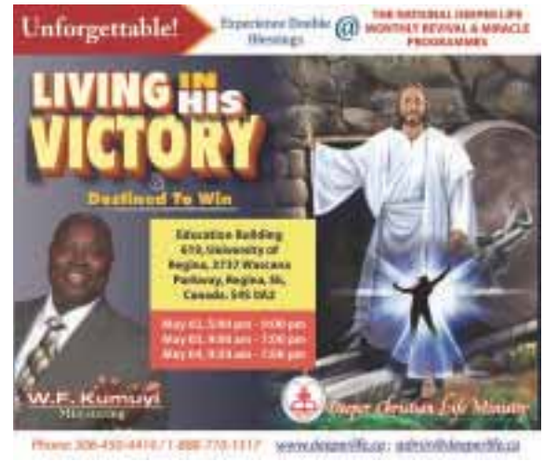

Group goes Martin Luther over closure of 102-year-old school

Save Our Connaught Heritage. School board accused of neglect and some hidden agenda

SARAH TAGUIAM
sarah.taguiam@metronews.ca

A local heritage group posted a placard at the Regina Public Schools office on Wednesday, condemning the board amid a long-running dispute over Connaught Community School's impending closure.

The board voted in March to replace the 102-year-old building in Cathedral. The decision was met with outrage from parents of Connaught students and community members who want to keep the building open.

"They seem to have willfully neglected a public school and failed to take any steps to keep it insured, in direct contravention of the Education Act," said Save Our Connaught Heritage (SOCH) chairman Rene Dumont.

SOCH taped a laminated piece of paper at the office's front doors, criticizing the board for failing to act on recommendations for the school's upkeep and for not developing a relocation plan for students, among other issues.

The group has asked Education Minister Don Morgan to save the historic school.

"It's probably unlikely, but we have to try," Dumont said.

The province has allocated $4.1 million this year to plan four schools, including Connaught's replacement.

SOCH has also called for the resignation of two board trustees who, Dumont said, "bullied" a parent in the group.

The board declined to comment on the accusations, but promptly removed its placard.

Following Connaught's closure, its students will be relocated to Wascana Community School.

"We feel that they can save at least $10 million by keeping the school," Dumont said. "And why don't they? Because obviously there's an agenda we're not privy to."

Save Our Connaught Heritage chairman Rene Dumont posts a placard on the front entrance to the Regina Public Schools office on Wednesday, condemning the board for what he calls neglect of Connaught Community School. SARAH TAGUIAM/METRO

Trade challenge

Oilsands mired in controversy, but oilseed will flow

Saskatchewan has won a trade challenge against Quebec over the sale of certain margarines, coffee whiteners and dessert toppings in the Quebec market.

A dispute-resolution panel under the pan-Canadian Agreement on Internal Trade says Quebec's restrictions on the production, sale and marketing of vegetable-oil-based dairy products go against some rules.

Saskatchewan had argued in January that the restrictions were illegal under rules that prohibit governments from creating barriers to interprovincial trade.

Saskatchewan's challenge was supported by the governments of Alberta, B.C. and Manitoba.

The Quebec government is appealing the ruling — a move that could take up to seven months.

Saskatchewan Agriculture Minister Lyle Stewart says he's confident the ruling will stand and his province's oilseed producers will get full access to the Quebec market.

THE CANADIAN PRESS

$25M action plan

University starts 'arduous' austerity with cuts at the top

A plan to save about $25 million at the University of Saskatchewan calls for reducing the number of deans by three and wrapping up some programs.

The newly released plan by the provost's committee says the first phase of restructuring will cut top levels of leadership by about 23 per cent.

There are proposals to dissolve the Centre for Continuing and Distance Education as well as the Education and Media Access and Production unit by the end of the year.

The plan also warns that almost every level of the university and virtually every employee will be affected by a new organizational design for administrative and support services.

The provost's committee says due to the magnitude of the changes being contemplated, the journey ahead will be "arduous."

The action plan is part of a bigger response by the University of Saskatchewan to address a projected $44.5-million deficit in its operating budget by 2016.

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Nanaimo, B.C. Former employee arrested in sawmill shooting spree

Two employees at a Vancouver Island sawmill were killed, two others were injured and one of their former co-workers was arrested Wednesday after a gunman opened fire in the mill's parking lot and continued shooting inside, RCMP said.

The shooting happened shortly before 7 a.m. at a Western Forest Products sawmill in Nanaimo, more than 100 kilometres north of Victoria.

Police arrived within minutes of the first 911 call, RCMP said, and arrested a 47-year-old man from Nanaimo.

Four men were taken to hospital with gunshot wounds, one by air to Victoria and the rest to Nanaimo, where two were pronounced dead.

Few details were released about the victims, the suspect or what may have motivated a workplace shooting that left a normally quiet coastal city of about 84,000 people in shock.

Supt. Mark Fisher said police believed the attack began in the parking lot and then moved into the mill's offices.

An RCMP officer walks away from the scene of a shooting at a sawmill in Nanaimo, B.C., Wednesday. CHAD HIPOLITO/THE CANADIAN PRESS

Fisher didn't provide any further details about the suspect and declined to speculate about the attack's motivation.

Western Forest Products said the suspect was a former employee, though it wasn't clear when the man left the mill or under what circumstances. THE CANADIAN PRESS

Ford to take a break to deal with his 'substance abuse'

Campaign put on hold. Lawyer for infamous mayor of Toronto says embattled leader knows he 'needs help'

Rob Ford will take a leave of absence from his re-election campaign to seek help for substance abuse, his lawyer said Wednesday.

Dennis Morris said the Toronto mayor "realizes he needs help for substance abuse," but would not say which substance his client is seeking treatment for or what steps he will take.

"In my eyes, he should announce those steps to the public in the near future," Morris said.

The Toronto Sun reports Ford will nonetheless remain on the ballot for the Oct. 27 mayoral election.

Ford has denied allegations that he is addicted to drugs or alcohol, though he has admitted having used crack cocaine while in a "drunken stupor" during his tenure.

Rob Ford's lawyer says the Toronto mayor will take a leave of absence to seek help for substance abuse. FRANK GUNN/THE CANADIAN PRESS FILE

Shortly afterward, city council voted to relieve Ford of many of his mayoral powers.

The mayor also admitted he had been drinking during an incident in which he was filmed using Jamaican swear words and other profanities at a Toronto restaurant.

He vowed last year that he had given up alcohol — part of a campaign to rehabilitate his image in light of his admission.

His family had previously backed up his assertions and his decision not to resign or take an official leave.

Media reports of a cellphone video on which Ford appears to smoke crack cocaine first appeared last May, and sparked a police probe dubbed Project Brazen 2.

But at that time, a guns, gangs and weapons probe called Project Traveller was already well underway. It included wiretaps that allegedly captured conversations about the video.

Police also believe that a widely published photo showing Ford posing with three men — one shot dead shortly after the photo was taken and the other two accused gang members — was taken outside an alleged crack house.

THE CANADIAN PRESS

Greener Regina

Send your waste to a better place this spring.

Let's all work together to meet our community's goal to reduce household waste from the landfill by 40 per cent by the end of 2015.

Household waste day – May 10

Bring your household waste to the City's Public Works Yard at 2425 4th Avenue on Saturday, May 10 from 9 a.m. to 4 p.m..

We will accept your household hazardous waste (such as fertilizers, aerosols and batteries), major appliances, specific electronics, rimless tires, clothes, toys, books and more.

Visit **Regina.ca** for the complete list of accepted items. We'll reuse, recycle or dispose of them in an environmentally-responsible manner.

The City is offering household waste day in partnership with Saskatchewan Scrap Tire Corporation, Salvation Army, Habitat for Humanity Re-Store and Saskatchewan Electronic Products Recycling Association.

Leaf and yard waste depots

Leaf and yard waste depots will be open Saturdays from May 3 to June 7. The City will accept leaves, plants, twigs and more. Branches from elm trees will not be accepted. Bring materials in paper bags or reusable containers. Visit **Regina.ca** for more information and depot locations.

Recycling for condos and apartments

Recycling is coming soon for all residents who live in condos and apartments and don't have recycling service. Paper, plastics #1-7, glass and tin will be accepted.

Property owners and condo associations will be required to arrange for recycling service by January 1, 2015. If you do not have recycling service yet, please follow up with your landlord or condo association to find out when your collection will begin.

Regina.ca

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Sinn Fein leader arrested in 1972 IRA murder case

Police in Northern Ireland arrested Sinn Fein party leader Gerry Adams on Wednesday on suspicion of involvement in the Irish Republican Army's 1972 abduction, killing and secret burial of a Belfast widow.

Adams, 65, confirmed his own arrest in a prepared statement and described it as a voluntary, prearranged interview.

Police long had been expected to question Adams about the 1972 killing of Jean McConville, a 38-year-old mother of 10 whom the IRA executed as an alleged spy. According to all authoritative histories of the Sinn Fein-IRA movement, Adams served as an IRA commander for decades, but he has always denied holding any position in the outlawed group.

"I believe that the killing of Jean McConville and the secret burial of her body was wrong and a grievous injustice to her and her family," Adams said. "Well publicized, malicious allegations have been made against me. I reject these. While I have never disassociated myself from the IRA and I never will, I am innocent of any part in the abduction, killing or burial of Mrs. McConville."

Sinn Fein party leader Gerry Adams OLI SCARFF/GETTY IMAGES FILE

Reflecting the embarrassment associated with killing a single mother, the IRA did not admit the killing until 1999, and her unmarked grave was discovered only by accident near a Republic of Ireland beach in 2003.

Adams was implicated in the killing by two IRA veterans who gave taped interviews to researchers for a Boston College history archive on the four-decade Northern Ireland conflict. Belfast police took legal steps to acquire the interviews, parts of which already were published after the 2008 death of one IRA interviewee, Brendan Hughes. The researchers fought unsuccessfully to avoid handover of the tapes of the second IRA interviewee, Dolours Price, who died last year.

In his interview, Hughes, a reputed longtime deputy to Adams within the Belfast IRA, said McConville was killed on Adams' orders.

THE ASSOCIATED PRESS

Scan the photo below with your Metro News app to hear Jack Lawson of the Federal Fisheries Department break down the whale's risk of exploding.

Drug-resistant bacteria pose worldwide threat

Antibiotics. Experts warn that the world could be heading toward a future where minor infections can kill

Bacteria resistant to antibiotics have now spread to every part of the world and might lead to a future where minor infections could kill, according to a report published Wednesday by the World Health Organization.

In its first global survey of the resistance problem, WHO said it found very high rates of drug-resistant E. coli bacteria, which causes problems including meningitis and infections of the skin, blood and the kidneys.

The agency noted there are many countries where treatment for the bug is useless in more than half of patients.

WHO's report also found worrying rates of resistance in other bacteria, including common causes of pneumonia and gonorrhea. Unless there is urgent action, "the world is headed for a post-antibiotic era in which common infections and minor injuries which have been treatable for decades can once again kill," Dr. Keiji Fukuda, one of the agency's assistant director-generals, warned.

WHO said it couldn't assess the validity of the data provided and that many countries had no information on antibiotic resistance.

WHO said people should use antibiotics only when prescribed by a doctor, that they should complete the full prescription and never share antibiotics with others, or use leftover antibiotics.

THE ASSOCIATED PRESS

Removing carcasses is a whale of a task

Provincial and federal officials are discussing the best way to remove the rotting carcasses of two blue whales near Trout River and Rocky Harbour in Newfoundland's west coast. Federal Fisheries Minister Gail Shea said Wednesday that Ottawa is working with a Canadian museum on an agreement to take ownership of the whales so they can contribute to educating the museum's visitors. DON BRADSHAW/THE CANADIAN PRESS/HO - NTV NEWS

Over 100 sickened after food safety conference

Health officials are investigating what may have sickened more than 100 people at a conference where more than 1,300 food safety experts had gathered for the Food Safety Summit held early April in Baltimore.

Alvina K. Chu, who is leading the Maryland Department of Health's investigation, said Tuesday that officials haven't determined what caused the illness. It's not clear if the illness was transmitted by food or from person to person, she said.

Health officials said there have been no reported hospitalizations or deaths.

Rita Foumia, with BNP Media, which hosts the summit, said nothing like this has happened in the summit's 16-year history. THE ASSOCIATED PRESS

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Goodbye, Earth ...

Pioneers. A one-way ticket to Mars means the hopefuls will have to bid goodbye to their planet and loved ones

JEREMY NOLAIS
Metro in Calgary

In all likelihood, the first tickets to the Red Planet won't come with the guarantee of a return trip.

For those on the maiden Mars voyage, it could mean goodbye forever to loved ones and the comforts of home.

"Wait, wait — there's not a Starbucks on Mars?" questioned prospective astronaut Tyler Reyno, his tongue planted firmly in cheek.

Laughs aside, Reyno, who hails from Lower Sackville, N.S., admits his quest to propel the human race towards an interplanetary lifestyle would come with some major sacrifices.

But the 21-year-old remains determined to land a spot among the final 1,000 candidates to be a part of the Mars One mission, which is being steered by a deep-pocketed entrepreneur and has a goal of settling on the planet's surface in the year 2023.

Reyno is also in the early stages of launching a Canadian rocket company — Open Space — and has attracted hundreds of followers on social media to his Send Nova Scotia to Space campaign.

"It's a life of purpose in place of a life of comfort," he said. "I find it strangely alluring where every second is a second of survival and challenge and testing. Space exploration is probably just the greatest thing I could ever accomplish."

Calgary engineer Zac Trolley also counts himself among those on the Mars One shortlist and already appears to be on a mission of sorts, one that may prove just as important as one day strapping himself into a skyscraper-sized rocket bound for a new world.

Since learning of his Mars finalist status, he's embarked on a speaking tour, discussing the potential of inter-planetary settlement with working peers, more than 20 elementary-school classes and "whoever else will listen."

Trolley anticipates society being on the verge of a new-age space race, where entrepreneurs with deep pockets will let their imaginations — and their money — run wild.

But he fears there's a lack of Christopher Columbus-eque spirit among many he meets. Save for a few adventurous cavers and deep-sea divers, Trolley said most people are content with going about their day-to-day lives with little care for what may lurk in the dark abyss of the solar system.

"I've had people say 'How dare you? You shouldn't do that,'" he said. "(It's) fear. People are scared of what they don't understand.

"We always have to push boundaries," he continued. "We would have never left the caves and our small villages if people didn't wonder what was over the next hills. And I'm sure, back then, there were people saying, 'No, don't go over those hills — there be dragons.'"

Trolley's parents are worldly explorers themselves. As such, father Gary Trolley said he understands his son's desire to literally go where no man has gone before.

"It will be, in many ways, a sad day to say goodbye," he said.

"He keeps telling us he will be able to communicate with us, but it's not the same thing.

"We try to instil in our children: find a dream, find a passion and go for it — Zachary's chosen a big one," Gary added.

Zac said some have asked if he'll plan his own funeral before embarking to Mars.

"It's such rubbish," he said. "If I was cut off, my friends and family would know that I was doing what I loved doing — doing what I was meant to do. Could you wish anything better on someone than that?"

A world to gain
"People say, 'Why would you leave everything on Earth behind?' I tell them, 'Because I'm getting an entire planet.'"
Zac Trolley, Calgary engineer and potential Mars voyager
MARS
CHRIS HADFIELD

Calgary engineer Zac Trolley admits he has many comforts readily available both inside and near his bachelor pad, but said he's always dreamed of doing something more with his life. He's among those hoping to secure a ride to Mars or an asteroid as a new-age space race appears primed to ignite. JEREMY NOLAIS/METRO IN CALGARY

... Hello,

A human expedition to Mars is proposed within the next 15 years. Metro takes you on an exploratory trip to find out just why life on the Red Planet is so alluring, and what awaits us in the future.

Calgary artist Bryan Versteeg started working on the Martian space habitat after he was approached by the founders of the

Keeping astronauts

Just because there's zero gravity doesn't mean you can skip the gym.

In fact, the Canadian Space Agency (CSA) recommends its orbiting astronauts work out for two hours each and every day they spend aboard the International Space Station. Squats, treadmill runs, the daunting bench press, you name it — exercising is seen as pivotal to helping combat the loss of muscle mass and bone density that plagues astronauts who no longer require anything to support their weight.

Then comes food, and Natalie Hirsch, project officer in the CSA's life sciences and space medicine division, is quick to point to a potential struggle with keeping astronauts fed for the duration of their jaunt to Mars and the subsequent time it takes up to, say, start farming, once there.

Estimates have suggested the journey to the Red Planet will take seven months alone and the "thermo-stabilized" foods stored aboard ISS only keep for about a year.

Fresh fruits and vegetables go bad after a week — making it a real treat for astronauts every time a new shuttle packed with a cart full of apples docks at ISS.

Then there's the potential for picky eaters.

Hirsch said there are anecdotal reports of astronauts' dietary preferences changing once they leave the planet, although no formal study has been done to determine why.

"We do have people saying 'I love spinach' on the ground and when they get into space the same spinach they tested pre-flight is just not as tasty," she said.

JEREMY NOLAIS/METRO IN CALGARY

See that symbol? It means you can scan the photo below with your Metro News app. Astronaut Chris Hadfield explains the space toilet

Mars

Mission to Mars: Day 2

- **Day 3, Friday:** OK, so we've landed. Now what? Will there be taxes, a government? (So many questions, but we've got some answers); plus we talk to a real-live guinea pig.
- **Online:** Go to metronews.ca for videos on life — including good hygiene — in space

Mars One Foundation, which is planning a one-way mission to the Red Planet. THE CANADIAN PRESS/HO-BRYAN VERSTEEG/SPACEHABS.COM

fed and fit is no picnic

How not to let yourself go ... in space

To get a sense of what exercise gear could go with astronauts on their mission to Mars, here's the equipment used aboard the International Space Station:

- **The cycle ergometer:** Works similarly to a stationary bike and comes complete with a back-support plank and hand holds to keep the astronaut on the machine.
- **The treadmill:** Unlike your run-of-the-mill basement device, the ISS treadmill features a bungee and harness contraption to tie the astronaut down. The bungees are then set to put a load on the astronaut that is progressively increased throughout the mission, making their space run more difficult.
- **The ARED:** This device mimics weightlifting on Earth by utilizing vacuum cylinders that can be adjusted to create up to 600 pounds acting against astronauts performing squats, dead lifts, and so on.

Jeff Fortuna is testing a treadmill developed at NASA to simulate weightless exercise that can be used to keep astronauts in shape. THE ASSOCIATED PRESS FILE

A day in the life of a space settler

A general view of a "Space Toilet" is seen in a "Space Habitation Module" at Miraikan, The Emerging Museum of Science and Innovation, in Tokyo, Japan. GETTY IMAGES

And you thought you had bathroom issues

The toilet aboard the International Space Station relies on airflow instead of gravity to contain excrement. Urine is mixed with other wastewater, purified, and then returned to the drinking water supply. Solid material, meanwhile, is gathered, exposed to the harsh climate of space to destroy bacteria — and the associated smell — and then eventually jettisoned into space when a large enough amount has been gathered.

Astronauts don't cry ... no, really

There's no crying in space. Because of the zero gravity atmosphere, space explorers' tears don't fall; they just form water bubbles and stay there until removed.

Wow, you really need a (sponge) bath!

Sponge baths, not showers, are generally the best method to exercise personal hygiene aboard a space shuttle or station.

Hey, old chap. Got the time?

Canadian astronauts in space and those manning the mission back on Earth generally follow Greenwich mean time, meaning they keep the same hours as your average chap living in London, England.

JEREMY NOLAIS/METRO IN CALGARY

Nigerian schoolgirls forced to marry their abductors?

Nigeria. About 50 girls managed to escape, 220 remain missing

Scores of girls and young women kidnapped from a school in Nigeria are being forced to marry their Islamic extremist abductors, a civic organization said Wednesday.

At the same time, the Boko Haram terrorist network is negotiating over the students' fate and is demanding an unspecified ransom for their release, a Borno state community leader said.

The news of negotiations comes as parents say the girls are being sold into marriage to Boko Haram militants. The students are being paid 2,000 naira (about $12) to marry the fighters, Halite Aliyu of the Borno-Yobe People's Forum said. She said the parents' information about mass weddings is coming from villagers in the Sambisa Forest, on Nigeria's border with Cameroon, where Boko Haram is known to have hideouts.

"The latest reports are that they have been taken across the borders, some to Cameroon and Chad," Aliyu said.

Outrage over the failure to rescue the girls is growing and hundreds of women braved heavy rain to march Wednesday to Nigeria's National Assembly to protest lack of action over the students. Hundreds more also marched in Kano, Nigeria's second-largest city.

"The leaders of both houses said they will do all in their power but we are saying two weeks already have passed, we want action now," said activist Mercy Asu Abang.

Nigerians have harnessed social media to protest, trending under the hashtag #BringBackOurGirls.

THE ASSOCIATED PRESS

Mothers with daughters among the more than 200 schoolgirls kidnapped two weeks ago by Islamic extremists in Nigeria protest in the capital over the government's failure to rescue the girls. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

Syrian crisis

Airstrike hits school in Aleppo, killing at least 19

A Syrian fighter jet struck a school with a missile in the opposition-held part of the northern city of Aleppo Wednesday as teachers and students were preparing an exhibit of children's drawings depicting their country at war, killing at least 19 people, including 10 children, activists said.

THE ASSOCIATED PRESS

10 killed in Russia

Fire at military warehouse

Russia's Defence Ministry says 10 people have died after a fire broke out at a military warehouse in the Siberian Baikal region.

The defence ministry said 10 people who were travelling in a truck near the depot when the fire broke out late on Tuesday were found dead.

THE ASSOCIATED PRESS

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Investors Group

The rich get richer, the poor get poorer

Inequality.
While the top 1% in Canada and the U.S. line their pockets, the 99% make do with less

Canada is among the worst in the developed world in terms of the widening income gap, according to a new OECD paper.

The analysis shows income inequality has grown in most advanced economies represented in the Organization for Economic Co-operation and Development over the past three decades, but the United States and Canada are near the top in terms of growth and in absolute terms.

The OECD says the top one per cent of Canadian pre-tax income earners captured 37 per cent of the overall income growth between 1981 and 2012, and now account for 12.2 per cent of the country's total annual income.

THE CANADIAN PRESS

Market Minute

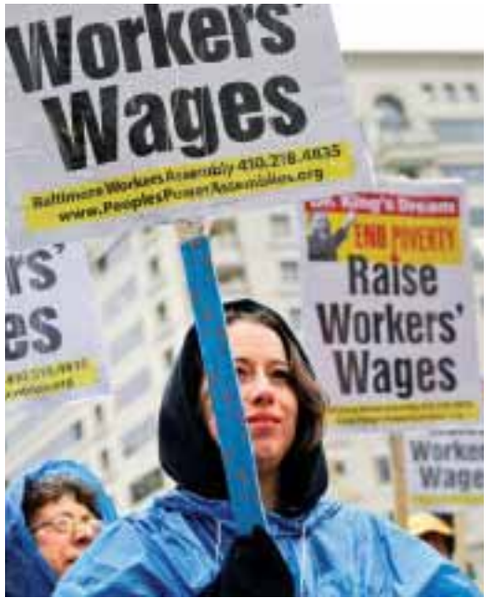
DOLLAR
91.24¢ (-0.08¢)

TSX
14,651.87 (+68.76)

OIL
$99.74 US (-$1.54)

GOLD
$1,295.90 US (-$0.40)

Natural gas: $4.80 US (-$0.04)
Dow Jones: 16,580.84 (+45.47)



The end of a dream ... for now

Daniella Longchamps demonstrates outside the National Restaurant Association's 28th Public Affairs Conference on Tuesday in Washington, D.C. Senate Republicans blocked an election-year Democratic bill on Wednesday that would boost the U.S. federal minimum wage, handing a defeat to President Barack Obama on a vote that is sure to reverberate in this year's congressional elections. ALEX WONG/GETTY IMAGES

Flapping around

Twitter's stock dives down

Shares of Twitter dropped in morning trading Wednesday to their lowest point since the company went public in November. Investor concern remains over the short-messaging service's ability to keep adding users and keep existing users engaged.

THE ASSOCIATED PRESS

Ticket-seller

StubHub to produce concerts

You can soon buy concert tickets from StubHub for shows produced by StubHub. The company, which helps brokers and fans buy and sell tickets on its website, announced Wednesday it will sell tickets to concerts that it will produce.

THE ASSOCIATED PRESS

Pew Research Center

39% of Americans changed password after Heartbleed

Most Americans who recently learned about a major breakdown in Internet security nicknamed Heartbleed have been trying to protect themselves, according to a new survey by the Pew Research Center. THE ASSOCIATED PRESS

Online purchases

Aeroplan partners with Shop.ca

Love shopping? Love travel? Perhaps you love shopping while you travel?

Aeroplan announced Tuesday a new partnership with Shop.ca, making it easier for shoppers to earn Aeroplan Miles on their online purchases. METRO

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THE DIFFERENCES ARE STILL CUTE

HE SAYS

John Mazerolle
metronews.ca

My relationship with my girlfriend still has that new-courtship smell, so we find our differences fun and enjoyable.

For instance, she recently said, "Do you want to see the new shoes I bought?" and I said, "Yes."

I know.

Society rightfully finds these attempts to take an interest in each other disgusting, but we don't care because we're surrounded by The Forcefield of Love, which filters out negative thoughts and nauseated glances.

That said, I didn't realize the huge gulf between us until she sent herself packing.

No, she didn't leave me. She moved to a new apartment.

And, let me tell you, she moves like Jagger, assuming Mick has an ace moving company and excellent organizational skills.

My girlfriend was moved into her apartment with Internet hooked up, everything unpacked, and a new bed made in both senses, all by mid-afternoon. Compare that to me, who took two months to get Internet, four years to unpack (there's been little call for kitchen utensils, less for oven cleaner) and a bed that isn't made in either sense thanks to unconstructed Ikea drawers. Our approaches to apartment moving and living are very different, but in the spirit of these effortless early days, I can see the value in both. Observe:

Planning, her way: She moves from room to room, planning which items will go in which boxes. **Advantage:** She is in full control of the move. **Planning, my way:** I move from room to room, planning which items will go into which boxes until the night before when I look up from the couch and say, "Oh right, the kitchen!" **Advantage:** I work better with a deadline.

Packing, her way: She followed the Bush doctrine and had her old apartment pre-emptively packed before her belongings expected anything. We walked among the stacks of boxes for a couple of weeks like we were in the last shot of Raiders of the Lost Ark. **Advantage:** Unpacking was easy thanks to her fastidiousness. She knew which box Schrödinger's cat was in, and whether it was alive or dead. **Packing, my way:** I skipped over the boxes during my last move by choosing an apartment in the same neighbourhood and throwing my stuff at random into a wheelbarrow. **Advantage:** This was quick, easy and allowed me to say that I have used a wheelbarrow.

Insects, her way: Her tolerance for bugs is low, but if they were in her apartment, she would remove them by neatly stacking them in a clearly labelled box reading, "Hexapoda." **Advantage:** Cleanliness is good in an apartment, I've heard. **Insects, my way:** When I came back from a European vacation and discovered that a creepy crawler had joined me in bed and chewed on me throughout the night, I decided I would simply not go into the bedroom for several months in hopes of starving it out. **Advantage:** It worked.

So there are upsides to both my girlfriend's approach to life and mine. Hopefully she feels the same way and will never send me packing. If she does, I'll have to borrow a wheelbarrow.

ZOOM

Suburbia's crop circles

A "master planned community" in Maricopa County, Ariz. CHRISTOPH GIELEN/CIPHERS

Q&A

"We need to decipher them"

CHRISTOPH GIELEN
Artist/photographer, 46, based in New York

In his book Ciphers, photographer Christoph Gielen helps us grasp the impact our households have on the landscape with his aerial shots of suburbia's unusual shapes. Here's what he had to say about his work:

What inspired you to do this project? I wanted to do something that would be compelling and grab people's attention. Back in 2003, I was doing some aerial photography of controlled implosions in Scotland when I got the idea for the urban sprawl project — to photograph different suburban developments across the U.S., from Nevada to Florida, from an airplane.

What did you see up there? The most unusual patterns imaginable. I could make out different floral shapes and designs that resembled a spider's web. But what I captured are places that are totally unsustainable.

So, you're pointing to some social message? Yes, I want to trigger a discussion. We are all worried about the environment and climate change, and I wanted to place this concept of car-centric urban sprawl at the heart of the debate.

They look like concrete crop circles to me. It's very ironic that many of these patterns are floral or organic-looking, but there is very little sustainable or environmental about these developments. METRO

METRO AUGMENTED REALITY

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MetroTube

Hamster gets served tiny labour of love

ANDREW FIFIELD
metronews.ca

Burritos tend not to be the most delicate of foods, what with the overflowing contents breaking through the wrap to leave an incriminating trail down your hands.

Since most of us don't have the skilled hands of a surgeon, that's the role burritos are destined to play in our lives. This guy, however — this guy is capable of truly trim and tidy burritos. Why do that, you ask? To feed them to hamsters, of course!
(Via Hello Denizen on YouTube)

SCREENGRAB

metro
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Comeback Kid returns to its roots to leap forward musically

New album. The Winnipeg band offers up hardcore punk on Die Knowing to create live-friendly release

BACKSTAGE PASS
Jacob Morgan
jacob.morgan@metronews.ca

Lead singer of Comeback Kid, Andrew Neufeld, spoke with Metro about the band's latest album, Die Knowing, ahead of the band's tour stop in Regina on May 15 at the Exchange. ALEXEY MAKHOV

The latest release from Winnipeg band Comeback Kid is at once a return to the hardcore punk of their earlier work and a foray into more polished sounds.

Lead vocalist and founding member Andrew Neufeld says the group achieved this balance on its latest album, Die Knowing, with the help of producer Kyle Black, who has worked with such popular alternative acts as Paramore and New Found Glory.

"We went with him because I love his mixing," said Neufeld. "We kind of made a general effort to get some heavier tones on the guitars and that was all him."

He added that aspects of the album are a throwback to his youth.

During the pre-Internet days, kids in local scenes had to rely on themselves more to create the music they wanted to hear.

"Punk and hardcore bands and metal bands would all play together," said Neufeld. "There was some sort of community and (it was) pretty diverse."

The first single from the album, Should Know Better, deftly fuses all of these styles into a catchy blast of aggression. But despite some of Die Knowing's retro elements, it is a step forward for Comeback Kid.

While 2010's Symptoms + Cures saw the band broadening its scope, this time around it has perfected the formula with tracks that have the power to jump out of the speaker and the stage.

"That's why we tried to strip it down a little bit and make it more live friendly," said Neufeld. "We wrote the songs so we could have some fun songs to play live."

Die Knowing is also a true 21st-century product. Neufeld said many parts were recorded remotely and mixed together in the studio. For instance, Comeback Kid's original lead vocalist Scott Wade joins Neufeld for a shouting fest on Full Swing. But Neufeld was in Italy at the time with his side project, Sights and Sounds, and Wade was in Toronto.

"It was a very 2014 operation," said Neufeld.

Now that the album is out, Comeback Kid can focus on extensive touring. And in many ways, this is exactly what Neufeld's lyrics are about. As he said, the new album title refers to carving your own path, being able to "die knowing that you did what you wanted to do with your life."

Details

Comeback Kid stops in Regina on May 15 at the Exchange. Their latest album, Die Knowing, came out in March on Distort Entertainment in Canada and Victory Records internationally.

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See that symbol? It means you can scan the photo below with your Metro News app. See the video for James Blunt's Postcards

James Blunt gets a little more personal with Moon Landing

Moon Landing. 'This album is the album I would have written and recorded if the other albums hadn't sold the way they did'

PAT HEALY
Metro World News in Boston

James Blunt has come to terms with the success that made him a household name almost a decade ago. And with his new album, Moon Landing, he says he was finally able to produce a collection of songs that are almost a logical extension of his 2004 debut, Back to Bedlam.

"This album is the album I would have written and recorded if the other albums hadn't sold the way they did," he says. "These are songs that are personal — I suppose a great example is you might take Goodbye My Lover on the first album, it's opening yourself up — and then to have it be a commercial success, you also get a lot of criticism."

When the topic of criticism comes up, James Blunt reveals his acid tongue in a hilariously fast rant.

"I'm not singing manly songs about how big and strong I am, so people say that it's a little bit wet and delicate, words that you don't want to be described as, like romantic," he says.

"So maybe I didn't want to open up that way and accept that type of criticism. But I realized, you know what? Some terrific guy that is up onstage singing about how big and strong (he) is, he was led to that stage by six big and strong security type guys, and I'm not.

"I walk through (the) audience. I don't sing songs about how big and strong I am; I was in the army for six years, and I know how perfectly strong I am. I was in the war and I know how hard and rough it is to get in a serious fight.

"So instead of singing about that, I sing about my weakness. I don't sing about my successes and how rich I might be — I sing about my failures, my hopes, my fears; these things are much more braver to sing about.

"Any critique you have is probably from one guy in his bedroom with his trousers around his ankles in the shadows, feeling brave as a result. You put the spotlight on him and he'll probably shit himself."

It's taken a while for Blunt to come to this level of disenchanted acceptance of his critics and audience.

"My first record I cut to try and get a record deal, and I did," he says. "I made the album as an innocent and naïve recording, then being on that indie label as I was, it became mainstream with one song that the whole world knows.

"And because of that I wrote a reactionary album called All the Lost Souls. It wasn't written to embrace the new audience I had. It was dark, and I was kind of unhappy being thrown into the public eye like that and that's why it's called All the Lost Souls. It's not a happy title.

"And then the third album I did embrace it more, there's fun to be had as a pop star, and so I wrote songs for my arenas and it made a third world tour great fun. But with all the fun that the tour was and how special it made that tour, it wasn't nearly as fulfilling as when you are writing something much more personal."

One particular song on the new album which feels especially personal is Miss America, a tribute to the late Whitney Houston.

"What was interesting and tragic about her was that the insight into her life overtook her talent and then it just became about her tragedy and her story, but it was also about how we spectated that and her story is not unusual," says Blunt.

You think James Blunt's not tough? Just check out that shirt. He says, "I don't sing songs about how big and strong I am." GETTY IMAGES

Cobain. Rocker's wallet held note disparaging wife

A handwritten note police discovered in Kurt Cobain's wallet after his suicide disparages Courtney Love, the late Nirvana front man's wife.

CBS News reported that the note was taken from Cobain's wallet when police arrived at his home on April 8, 1994, after Cobain fatally shot himself. The note was never made public. CBS obtained it from the Seattle Police via a public information request.

The network reports that the undated note, apparently written by Cobain on stationery from San Francisco's Phoenix Hotel, is written like a mock wedding vow. It references Love as Cobain's "lawful shredded wife" who would be "siphoning" his money for drugs.

Cobain's body was discovered in Seattle on April 8, 1994. An investigation determined that days earlier Cobain had gone into the greenhouse of his home and taken a massive dose of heroin. He then shot himself with a 20-gauge shotgun.

Earlier this year, in advance of the 20th anniversary of Cobain's suicide, a Seattle detective reviewed the case files, including evidence photos and statements. He found no new information to change the police conclusion that Cobain took his own life.

Cobain, who was 27 when he died, sold millions of albums with Nirvana and helped popularize the Pacific Northwest's heavy, muddy "grunge" rock. THE ASSOCIATED PRESS

Kurt Cobain THE ASSOCIATED PRESS FILE

Netflix

New Daredevil show part of Marvel-verse

Marvel's upcoming Netflix TV series Daredevil will display "some interconnectivity" with other films and TV series from the Disney superhero line and is to follow the release schedule pattern set by House of Cards.

Speaking to filmmaker Kevin Smith for Fat Man On Batman podcast #67, Marvel chief creative officer Joe Quesada revealed that Daredevil would not only slot into the same fictional universe inhabited by The Avengers, Iron Man and Captain America, but that the season's release schedule would fall in line with other Netflix original content.

"You're going to get all these episodes, and you can binge-watch them however you want," Quesada said, making connections to the way that Netflix's House of Cards seasons have been distributed.

Daredevil is the first of five Marvel-centric TV series planned for Netflix. AFP

Hell on Wheels

Former Medium star now on AMC Western series

Jake Weber MYCHELE DANIAU/AFP

Jake Weber has landed a regular role in Hell on Wheels, Deadline.com announced. The western series will return to AMC this summer with its fourth season.

Known for playing Joe Dubois, husband to Patricia Arquette's character in the drama series Medium, Weber has been cast as Harlan Fell, a former Union Army military doctor who has been sent west by President Ulysses S. Grant.

Under his respectable appearance, the doctor conceals an avid hunger for power and will stop at nothing to build his empire, Deadline.com indicates.

In 13 new episodes, the fourth season of Hell on Wheels will continue the story of Cullen Bohannon (Anson Mount), the former Confederate soldier involved in building the Union Pacific Railroad. AFP

Bob Hoskins arrives for the world premiere of Made in Dagenham in London in September 2010. THE ASSOCIATED PRESS FILE

Bob Hoskins. Renowned actor dies of pneumonia

Bob Hoskins never lost his Cockney accent, even as he became a global star who charmed and alarmed audiences in a vast range of roles.

Short and bald, with a face he once compared to "a squashed cabbage," Hoskins was a remarkably versatile performer. As a London gangster in The Long Good Friday, he moved from bravura bluster to tragic understatement. In Who Framed Roger Rabbit, he cavorted with a cast of animated characters, making technological trickery seem seamless and natural.

A family statement released Wednesday said he had died in a hospital the night before after a bout of pneumonia. He was 71 and had been diagnosed with Parkinson's disease in 2012.

Helen Mirren, who starred with Hoskins in The Long Good Friday, called him "a great actor and an even greater man. Funny, loyal, instinctive, hard-working, with that inimitable energy that seemed like a spectacular firework rocket just as it takes off.

"I personally will miss him very much, London will miss one of her best and most loving sons." THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Wanna marry Prince Harry? The royal is single again

MELINDA TAUB
Metro World News

Did you know there's a reality show called I Wanna Marry "Harry"? It's a Joe Millionaire-type deal, where a bunch of women compete for the affections of a random ginger Englishman they've been told is Prince Harry. It's incredibly mean, but those contestants may have the last laugh: Harry is, in fact, single again, and available for marrying. I hope one of them snags him.

Prince Harry, the fun-loving royal currently fourth in line for the English throne, has reportedly split from his girlfriend Cressida Bonas, according to the Daily Mirror. The move comes as a surprise: Earlier this year, the two were said to be getting serious and many royal-watchers expected them to get engaged.

Donnie Wahlberg ALL PHOTOS GETTY IMAGES

Renée Zellweger

Did Demi give Renée her plastic surgeon's digits?

Renée Zellweger is reportedly worrying herself senseless about mounting a career comeback — and has turned to Demi Moore for help as a life coach, according to Star magazine. "Unless she pulls herself together, Renee's acting future looks very uncertain. Renee is in therapy dealing with her anxiety about appearing on camera again after a string of embarrassing movie flops," a source says. And reactions to the Bridget Jones Diary star's recent rare public appearance certainly aren't helping matters. "The mixed reaction to her transformation has unnerved Renée in a big way," the source says. "Pals are convinced it was Demi who gave her her plastic surgeon's number, thinking it would give her a confidence boost." That plan, it seems, has backfired.

New Kids on the Boat

Whoever thought up this reality show should get the Nobel Prize. It combines everyone's two favourite things: '90s nostalgia and the high seas. New Kids on the Block, the original boy band, is reuniting for a reality show on a boat. Network TVGN is developing Rock This Boat, a show about NKOTB setting sail with die-hard fans for a week of partying. Sounds like a thin premise, but I assume they will also be fighting pirates, exploring uncharted waters and searching for buried treasure. That's what people on boats do, right? Rock This Boat will air next season. It will be executive produced by Donnie Wahlberg, NKOTB member and brother of Mark Wahlberg. The latter is probably jealous that his career is thriving sufficiently that he does not get to go on a boat to revive it.

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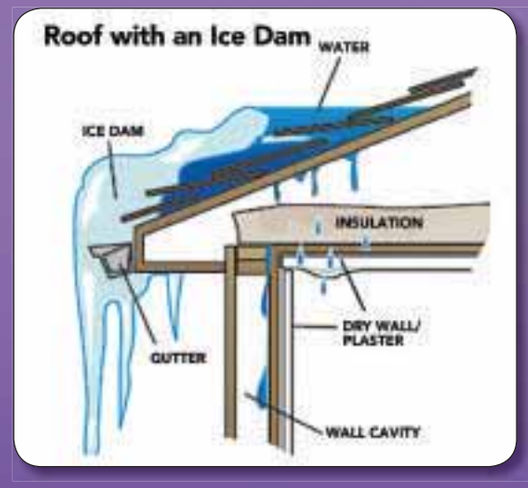

An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. There is no better time to protect your home.

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PLUS HOMES

Tech is on trend

If X-Men made sportswear, this is probably what it would look like. The next generation of athletic style is teched out and high on hybrids.

METRO WORLD NEWS

Who knew that X-Men: Days of the Future Past could teach us a little bit about what's fashionable in the present. CONTRIBUTED

Zara

Sweatshirt with faux-leather appliqué, $59, zara.com

Saint Laurent

Metallic bomber jacket, $1,224, farfetch.com

Raf Simons x Adidas

Sneakers, $440, mrporter.com

ASOS

BLACK Printed panel T-shirt, $38, asos.com

COS

Technical jersey trousers, $76, cosstores.com

Gadgets meet garments online

High-tech, high style. Amazon opens up shop to consumers who want wearables that work for them

Just as it did for the smart home, the online retailer has launched a storefront dedicated to wearable technology devices.

Focused as much on educating consumers as on selling products to them, The Amazon Wearable Technology portal has gone live as part of its U.S. site.

It organizes devices across five categories: fitness and wellness; healthcare devices; wearable cameras; smart watches; and family, kids and pets; but it also features buying guides, a video library of tutorials, featured or spotlight products and an editor's corner blog.

In September, Amazon launched a dedicated web portal for home automation and smart home products along the same lines, aiming to demystify the technology and help consumers to make informed decisions about the products that best suit their needs and their lifestyles.

There's little doubt that the buzz around wearable tech devices is building and building, but so far that buzz doesn't appear to have translated into huge consumer demand.

With the exception of fitness trackers, the latest crop of smart watches has failed to generate much in the way of sales. Juniper Research estimates that 15 million wearable health and fitness devices were sold in 2013 and believes that by 2018, that number could be as high as 100 million.

AFP

Will you be ordering up your share of smart style? CONTRIBUTED

See that symbol? It means you can scan the photo below with your Metro News app.
Canadian superfoods! Julie Daniluk has you covered from coast-to-coast

This recipe serves six. JULIE DANILUK

Barney and Purple People Eater would surely approve

Hempy Purple Coleslaw. Not only does this dish have the same awesome hue as some memorable characters, it's also delicious and nutritious

"The zip in this recipe is from the tangy sour flavour of the sauerkraut," writes Julie Daniluk in Slimming Meals that Heal. "Look for unpasteurized sauerkraut in your local health food store, as the natural process of fermentation creates beneficial probiotic bacteria.

"I love Ambrosia apples because they are slow to brown when cut and are ideal for salads. Nutty hemp hearts offer the healing benefits of magnesium and omega-3 fatty acids."

1. Drain sauerkraut and reserve liquid. Mix together salad ingredients.

2. In a separate bowl, whisk dressing ingredients together.

3. Add dressing to salad and combine until salad is evenly coated.

RECIPES EXCERPTED FROM SLIMMING MEALS THAT HEAL BY JULIE DANILUK. IMAGES AND RECIPES © 2014 JULIE DANILUK. EXCERPTED BY PERMISSION OF RANDOM HOUSE CANADA, A DIVISION OF RANDOM HOUSE OF CANADA LTD. ALL RIGHTS RESERVED.

Ingredients

Salad
- 1 cup unpasteurized sauerkraut, drained
- 4 cups finely shredded purple cabbage
- 1/2 cup finely sliced red onion
- 2 organic apples, unpeeled, cored and thinly sliced
- 2 tbsp hemp hearts

Dressing
- 2 tbsp hemp oil
- 2 tbsp sauerkraut liquid
- 1 tsp dried dill weed
- Raw honey, to taste
- 2 tsp pink rock salt or grey sea salt

FLASH FOOD

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1. Heat 1 tablespoon of coconut oil in a large pot over medium-high heat until shimmering but not smoking.

2. Add steak and cook until browned on both sides, 3 to 4 minutes per side. Transfer to a cutting board and let rest for 5 minutes. Cut lengthwise into 2 long pieces, then crosswise, across grain, into 1/4-inch-thick slices.

3. Heat remaining 1 tbsp of oil in pan over medium heat. Add mushrooms, onion, basil, oregano, thyme and salt. Cook, stirring often, until vegetables are very tender, 8 to 10 minutes.

4. Sprinkle flour over vegetables; stir to coat. Stir in beef broth and vinegar and bring to a boil, stirring often. Reduce heat to simmer and continue cooking, stirring often, until mixture is thickened, about 3 minutes.

5. Stir in coconut milk, sliced steak and any accumulated juices. Bring to a simmer and cook, stirring, until heated through, 1 to 2 minutes more. Top with fresh parsley or chives and serve on kelp noodles or kasha crepes.

Ingredients
- 2 tbsp coconut oil, divided
- 1 lb flank steak, trimmed
- 4 cups halved and thinly sliced shiitake mushroom caps
- 2 cups sliced onion
- 1 tbsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp pink rock salt or grey sea salt
- 2 tbsp arrowroot flour
- 1 1/2 cups beef or chicken broth
- 1 1/2 tbsp apple cider vinegar
- 1/2 cup coconut milk

Garnish
- 2 cups chopped fresh chives or fresh parsley

This recipe makes six servings and can be served with kasha crepes or kelp noodles. JULIE DANILUK

Cookbook of the Week

Eat well and get healthy, too

Slimming Meals that Heal by Julie Daniluk focuses on the relationship between inflammation, allergies and weight gain.

The release offers 125 recipes that don't require you to count calories. It also includes information on cleansing the organs, the specific power of superfoods and techniques that directly reduce cravings. Daniluk has also developed a five-step plan to boost metabolism and balance hormones that lead to holistic weight balance.

Among the recipes included are: Scallops with Harvest Vegetables, Skinny Onion Rings, Low-Cal Turkey Chili and more. METRO

For your phone

Cook's Illustrated All-Time Best Recipes (iPad; $9.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Representing 20 years of kitchen-tested dishes that use supermarket ingredients, this collection of 52 illustrated and video-enhanced recipes offers the final word on pork chops, oven fries and more.

How to live large in a small space

Design advice. These timeless tips can make any small space look roomy and spacious

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New homes are getting smaller and smaller, so adhering to a few good design rules can help you live just a little bit larger.

I can't imagine better advice to dispense to anyone who's moving, renovating or sprucing up their place than these golden rules of small-space decorating. They're timeless and hold true for any space you might live in. Here are my top four rules:

Tones and colour

• Keep tones of flooring, walls and furnishings similar so the eye roams without interruption between light and dark shades.
• Cooler versions of a colour (every colour has a warm and cool side) tend to reflect more light, therefore making a small space feel larger.
• When the width of the ceiling is smaller than the height of the wall (as in most small condo lofts), then paint the ceiling the same colour as walls; it will make the room appear wider.

Use of mirrors

• You may have heard that mirrors can visually expand a space. The secret is to use them to widen, not lengthen, a room, so always hang a mirror on the long wall, not the short one.
• To bring light into a long, narrow space, stand a floor mirror 90 degrees to a window; it will reflect the window and direct the incoming light deep into the space.
• Never be afraid to stand a side table, chair or plant in front of a large mirror to add drama and depth, especially in foyers and bedrooms.

Scale of furnishings

• There is an art to creating the illusion of large-scale furnishings in a small space. Try incorporating large-scale items that don't take up much floor space — art, console tables, footstools, area rugs and curtains are all perfect contenders since they don't fill a room with their volume.
• The 2/3 proportion is your best friend when layering items in a room. The coffee table should be 2/3 the width of the sofa, the sofa should be 2/3 the width of the rug, and the art should be 2/3 the width of the sofa.

The need for storage

• Storage is a practical need when decorating a small space. Try to incorporate it into every element of your space. Add an extra shelf one foot above floor level in a closet — this will offer up another row of shoe storage. And another shelf at the very top of your closet is great for storing out-of-season clothing.
• Look for furniture that incorporates storage, folds down or offers double-duty to offer flexible alternatives in a smaller space.

Creating a monochromatic colour scheme allows the eye to travel without interruption. A floor mirror helps reflect another window into the room. Oversized Leaning Floor Mirror, $1,100, potterybarn.com

One makes a footrest, two make a bench in the foyer or at the end of a bed. A classic style icon that fits a modern or traditional interior. Hudson's Bay Company Point Blanket Ottoman, $395, thebay.com

Wall-hung shelving and containers help to keep vanity areas organized. Although made for herb gardens, this plant container system is perfect for brushes and other beauty accessories. SOCKER plant pot with holder, $29.99, ikea.ca

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Introducing the 'shelfie.' Is your home ready for its close-up on social media?

You've heard of the selfie, but the latest online craze is all about showing off your intellectual and esthetic taste rather than your cheekbones.

The "shelfie" has seen online vanity transferred to the subject of home decor, with hoards of social media users taking to Twitter and Instagram to share snaps of their most intimate and artistic storage solutions for books, newspaper piles, perfume bottles and teapot displays.

The Internet's latest gift to humankind was born on Instagram, where carefully composed still-life pictures, typically of crammed bookshelves, can be easily identified via the hashtag #shelfie. The concept has since spread to Twitter and even publisher Penguin has gotten in on the act.

Nicknamed "the selfie for intellectuals," the trend has grown to include still-life shots of general interiors. The term shelfie was coined by the Wall Street Journal after Instagram user Alice Gao attracted more than 13,000 likes for her artfully arranged composition of a teapot and quince blossoms resting by a magazine.

This shelfie of author Nina Stibbe's books was tweeted by Penguin Books. TWITTER

So will it last? And more importantly, is your home shelfie-ready? AFP

Before you nail it down...

Plan your renovation. Experts suggest you consider timing, alternate accommodations

Think about how a renovation will impact a future sale. If there isn't much foreseeable value, then a coat of paint could be the answer. SHUTTERSTOCK

JENNIFER TAPLIN
For Metro

Home renovations, big or small, require a lot of advance planning.

Homeowners need to thoroughly plan and choose what they want for their project before they pick up a phone to call a contractor. Meaghan Riopel with Jameswood Homes in Calgary, said homeowners should pick out the general components of the project and can nail down the specifics with a contractor.

"What are the things you want in your home? These are good to know because it really delays a project if you don't have that decision making," she said.

The timeline varies for each project, but if work needs to be put on hold in order to make additional decisions and planning, it can take a lot longer, she said. Construction season is spring, summer and fall, but Riopel said it doesn't mean it's the best time to hire a contractor. Sometimes winter works best because contractors are less busy and are more available.

"And people should be aware they'll be living in a state of dust and make alternate living arrangements during the renovations or prepare to have their lives upheaved."

The Canada Mortgage and Housing Corporation advises homeowners not to go overboard on renovations unless they plan to stay in their homes for many years. Over time, many renovations can pay for themselves through savings on utility bills as well as adding greater resale value.

Before ripping down walls or ripping up the floor, CMHC says it's a good idea for homeowners to ask themselves how appealing the renovation would be to a buyer in the future. If the answer is not encouraging, paint may be the answer. It's fairly inexpensive, especially compared to new flooring or structural changes, and can give a dramatically different look to the home.

Finances. Make it a reality

JANE DOUCET
For Metro

Pick a financing option that suits your renovation. SHUTTERSTOCK

Just as there are many reasons to renovate a home — including to save energy, make room for an expanding family, increase resale value or improve safety — there are several ways to finance the renovation.

According to the Canada Mortgage and Housing Corporation (CMHC), whether you plan to self-finance or borrow money, you should talk to a financial adviser and your banker before you make firm plans.

CMHC lists the following home reno financing options:

Yourself: You may be able to save enough money to pay for a small reno outright. This is often possible if you plan to do the work yourself, which means you will only have to pay for materials.

Credit card: You can use a credit card for smaller renos. Just be careful not to carry the balance for too long because interest rates can exceed a whopping 18 per cent.

Personal loan: You will pay regular payments of principal and interest for a set period, typically one to five years. You also have the option of a fixed or variable interest rate for the loan's term. A personal loan's interest rate is usually lower than that of a credit card.

Personal line of credit: This is ideal for ongoing or long-term home projects because you can access your funds at any time and you will receive a monthly statement to help track expenses. A line of credit offers lower interest rates than credit cards and charges interest only on the funds you use each month.

Secured lines of credit and home equity loans: These are secured by your home's equity and offer preferred interest rates. However, initial set-up costs, including legal and appraisal fees, usually apply.

Mortgage refinancing: This option lets you spread repayment over a long period at mortgage interest rates, which are usually much lower than credit card or personal loan rates. Initial set-up costs, including legal and appraisal fees, may apply.

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Raptors guard Kyle Lowry celebrates a three-point buzzer-beater with Greivis Vasquez to end the second quarter on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Toronto ready to Rap it up in Brooklyn

NBA playoffs. Lowry pours in 36 points as Raptors pin Nets against the ropes

Kyle Lowry poured in 36 points to lift Toronto to a nailbiting 115-113 victory over the Brooklyn Nets, giving the Raptors a 3-2 lead in their best-of-seven playoff series.

DeMar DeRozan added 23 points, while Jonas Valanciunas finished with 16, and Greivis Vasquez added 15.

Amir Johnson chipped in with 11 points for the Raptors who gave up a 26-point lead in the fourth quarter, making for some tense moments at the Air Canada Centre, but held on for the victory. Joe Johnson led the Nets with 30 points.

The series heads back to Brooklyn's Barclays Center for Game 6 on Friday.

THE CANADIAN PRESS

Game 5

Raptors	Nets
115	113

Colette Bourgonje

Decorated Paralympian calls it a career

Canada's Colette Bourgonje, a 10-time Paralympic medallist, retired Wednesday to end a 24-year career.

The Prince Albert native is the only athlete in the world to have competed in all seven Paralympic Winter Games from 1992-2014.

Bourgonje, 52, also competed at three Paralympic Summer Games in wheelchair athletics. She won three silver and three bronze medals in the Winter Games while taking four bronze in the Summer Games.

Bourgonje was the first Canadian to win a Paralympic medal at home after taking silver in women's 10-kilometre sit-ski at the 2010 Vancouver Games. THE CANADIAN PRESS

NHL playoffs

Rangers turf Flyers in Game 7

Daniel Carcillo and Benoit Pouliot scored second-period goals, and the New York Rangers advanced to the second round of the Stanley Cup playoffs with a 2-1 victory over the Philadelphia Flyers in Game 7 on Wednesday night.

The Rangers shook off a 5-2 thrashing in Philadelphia on Tuesday and knocked out the Flyers about 24 hours later, improving to 6-0 in Game 7s at Madison Square Garden. THE ASSOCIATED PRESS

No longer the league's best-kept secret

Bruins forward Patrice Bergeron has established himself as one of the NHL's premier players. GETTY IMAGES FILE

Who are the most underrated athletes in team sports? Scan this image with your Metro News app to see some of our picks.

Patrice Bergeron started earning acclaim for his defensive game four seasons ago when he was a legitimate Selke Trophy candidate for the first time.

It has taken longer for Bergeron to be appreciated as one of the best all-around players in the NHL. Maybe it started during the Boston Bruins' 2011 Stanley Cup run or last year's trip to the final, but after playing a major role in Team Canada's gold-medal performance at the Sochi Olympics, the 28-year-old is surely considered among hockey's elite centres.

"I think what he's done is he opened a lot of people's eyes," Boston coach Claude Julien said. "I know at his first Olympics he didn't have ... to do what he did. The last one I think people realized how good he is."

Rivals meet again

34

The Canadiens and Bruins will face each other in the post-season for a record 34th time when their NHL Eastern Conference semifinal opens Thursday night in Boston.

Statistically, Bergeron had just two assists in six games, but the Quebec City native shifted from a fourth-line centre role to right-wing alongside Sidney Crosby and never missed a beat. His nearly flawless play wasn't a revelation as much as it underscored his growth from the 2010 Games in Vancouver, where he was the 13th forward.

In that tournament, as defenceman Chris Pronger told CBC Sports recently, Bergeron had a smaller role that was "probably a little unfair to him."

"Patrice would sit on the bench for long periods of time and then we'd get a penalty and turn to him and say, 'OK, go out and kill it,'" Pronger said. "That's a pretty tough, but important, job."

This season, Bergeron was downright dominant at times with 62 points in 80 games, a league-best plus-38 rating and a 58.6 per cent success rate in the faceoff circle. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You have taken on a lot of new tasks in recent weeks and could probably do with some help. Others will come to your assistance and share the load if you ask them but you must make it worth their while.

♉ Taurus
April 21 - May 21
Make sure you know what is expected of you before backing a plan that will take up a lot of your time and energy. And make sure there's a timetable.

♊ Gemini
May 22 - June 21
If others want to make an issue of things that are of no significance to you then you have no choice but to turn your back and walk away.

♋ Cancer
June 22 - July 23
There is a danger that you will try to make the facts fit your assumptions — and if you do the consequences could be dire. Always strive to see life as it is, not as you wish it might be. Then and only then can you make a difference.

♌ Leo
July 24 - Aug. 23
If your ultimate goal is as far away as ever, perhaps you should take it as a sign that something is wrong. It's not too late to change course — only your ego is holding you back.

♍ Virgo
Aug. 24 - Sept. 23
The planets are very much in your favour at the moment and no doubt you fear nothing, but you still need to be careful. Don't push your luck and don't push yourself beyond your natural limits, no matter what the potential rewards might be.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign endows you with courage but other aspects warn you can't do it all on your own. You need to rediscover the joy of how good it feels to share success with others.

♏ Scorpio
Oct. 24 - Nov. 22
You have never been one for small talk and what others are wittering on about no doubt bores you to tears. Ignore them and focus your attention on what is important to you, even if no one else seems to agree.

♐ Sagittarius
Nov. 23 - Dec. 21
Try to say only nice things about friends and colleagues, because if you make your true feelings known it will cause you all sorts of problems. That really applies on the work front.

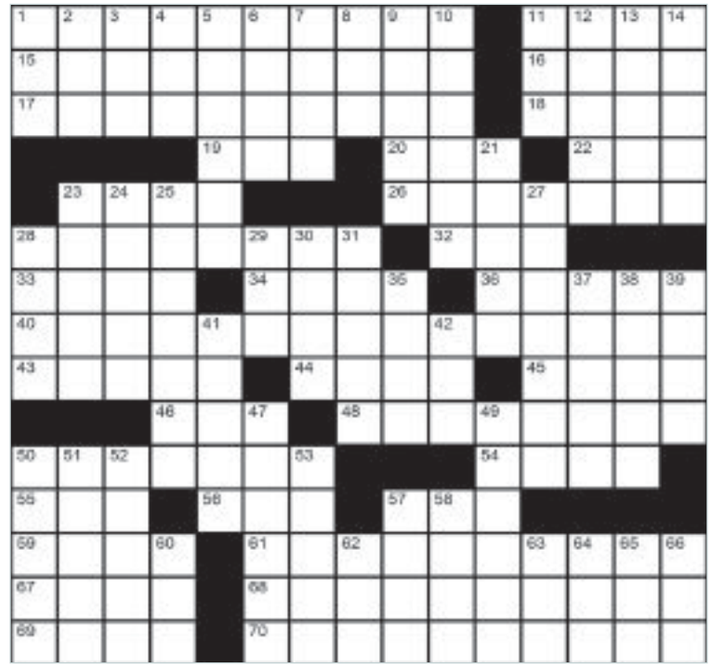
♑ Capricorn
Dec. 22 - Jan. 20
For some reason you seem reluctant to take advantage of an opportunity most people would give their right arm for. Yes, it could go wrong but it could also go stunningly right. Unless you try, you won't know.

♒ Aquarius
Jan. 21 - Feb. 19
You think that your feelings for a certain person are a one-way street but that is far from the truth. They care as much for you as you do for them but, for now at least, they've got other things to worry about.

♓ Pisces
Feb. 20 - March 20
You will discover something about a friend or loved one that surprises you today. Resist the urge to pry any deeper — leave them a few secrets to enjoy. **SALLY BROMPTON**

Crossword: Canada Across and Down

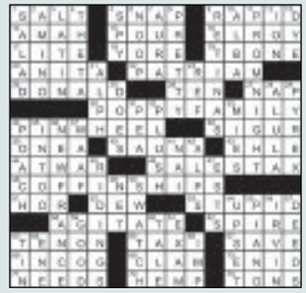
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Blue Rodeo song that starts "They met in a hurricane...": number + 3 wds.
11. Pod vegetable
15. __-__ suit
16. Fear: French
17. Intolerance inciter
18. William H. __ (27th US President)
19. 'Stock' suffix
20. Aussie hopper
22. Rapa __ (Easter Island)
23. Aurora
26. Overcast
28. PM = Prime __
32. __ _ degree
33. Worldwide [abbr.]
34. Fertilizer ingredient
36. Single
40. Tummy tuck, for example: 2 wds.
43. Heretofore: 2 wds.
44. Line giver
45. W Network's "Come __ with Me Canada"
46. Cleaning item
48. Bespoke
50. Where to put carrots and potatoes as common ingredients: 3 wds.
54. Conjunctions
55. Bo Derek's number
56. "Hush."
57. Wk. word
59. __-__-date
61. Winnipeg: James Armstrong __ International Airport
67. Reshmi __, CBC journalist
68. Cheeky
69. Plus
70. Expands Earthy-ly

Down
1. "Up, Up and Away" by The __ Dimension
2. Omega-3 fatty acid, e.g.
3. __ gallery
4. "__-haw!"
5. Saskatchewan agricultural village an hour north of Regina
6. Apple music player
7. Eleven - Two's answer
8. Ms. Tilly
9. Great tennis servers
10. Ump's call, "__, __!"
11. Decide
12. "Higher than the Sun" British band
13. Mr. Wainwright
14. MGM's motto, Ars Gratia __
21. "Tin soldiers and Nixon coming / We're finally __ __ own." - Neil Young, "Ohio"
23. Ancient animals [abbr.]
24. Nervous
25. Mr. Valderrama's
27. Robert __, Harvard University symbologist in "The Da Vinci Code" (2006)
28. Isinglass
29. "King __": Steve Martin's vintage SNL tune
30. __ Blair (Pen name, George Orwell, b.1903 - d.1950)
31. Like an edited-some-more movie
35. Cruising
37. Bizarre
38. Coastal flappers, variantly
39. Faux-hued
41. Les __-Unis (USA)
42. William Tell's canton
47. Baseball legend, Lou __ (b.1903 - d.1941)
49. Hardy's comedy pal
50. Saskatchewan town northeast of Regina
51. Kathmandu is its capital
52. Motion foes
53. Spin
57. "Love Shack" by __ _-52's
58. Hebrew folk song: "__ Nagila"
60. Gold: Spanish
62. __-Magnon Man
63. Antiperspirant, Soft & __
64. Casually utters
65. ...three, two, __...
66. Nocturnal periods, briefly

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2						7	
	5	6		8		2	1	
9			2		3			6
		7	6		8	1		
		9	4		5	3		
3			7		1			8
	8	2		9		4	5	
	4						3	

Yesterday's Sudoku

6	4	1	9	3	7	5	8	2
3	5	9	8	2	1	6	7	4
7	2	8	4	5	6	1	9	3
1	7	3	5	6	4	9	2	8
2	6	4	1	8	9	3	5	7
8	9	5	3	7	2	4	1	6
4	3	7	2	9	5	8	6	1
5	8	6	7	1	3	2	4	9
9	1	2	6	4	8	7	3	5

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